

Roasted Pepper and Bean Hummus

Source: Recipe by Munira Ali

This can be used as spread or dip!

About the Recipe

298 Calories · 12 g Protein · 9 g Fiber
Snack

Ingredients

Makes 5 Servings

- red or green peppers, roasted (2)
- cooked and drained garbanzo beans (3 cups)
- sesame seeds (2 tbsp.)
- lemon juice (1/4 cup)
- soy sauce (1 tsp.)
- cumin powder, roasted (1 tsp.)
- garlic paste (1 tsp.)
- salt, or to taste (1/2 tsp.)
- grounded black pepper (1/2 tsp.)
- chili powder (1/4 tsp.)

Directions

1. Blend peppers, garbanzo beans, and all the other ingredients to make a paste.
2. Serve with bread, pita, or chapati, or use it as a spread to make sandwiches.

Nutrition Facts

Per serving (1/5 of recipe)

Calories: 298

Fat: 5 g

Saturated Fat: 2 g

Calories from Fat: 47%

Cholesterol: 0 mg

Protein: 12 g

Carbohydrates: 29 g

Sugar: 3 g

Fiber: 9 g

Sodium: 553 mg

Calcium: 70 mg

Iron: 3 mg

Vitamin C: 81 mg

Beta Carotene: 742 mcg

Vitamin E: 2 mg

Potassium: 315 mg